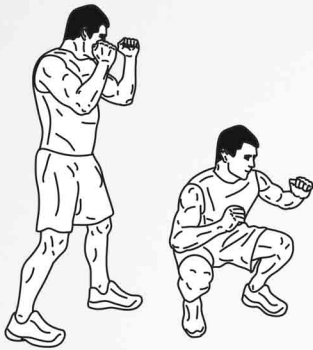


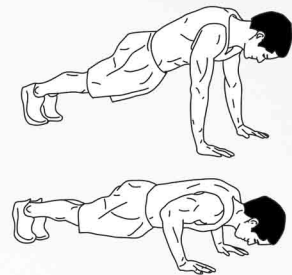
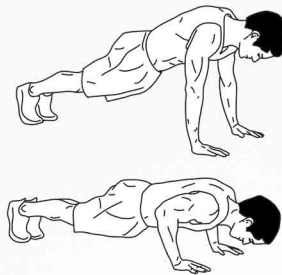
# Reclaimer

DAREBEE WORKOUT @ [darebee.com](http://darebee.com)

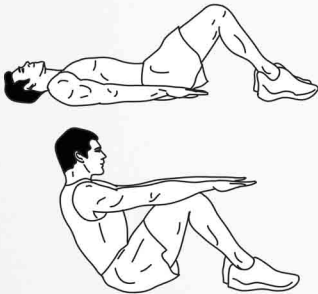
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



**10 combos** squat + push-ups



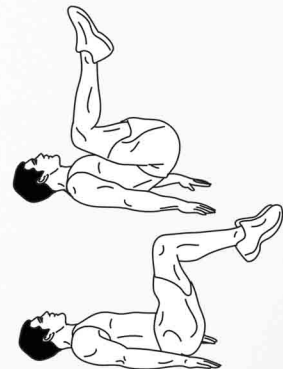
**10** slow push-ups



**10** sit-ups



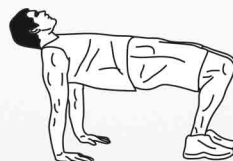
**10** sitting twists



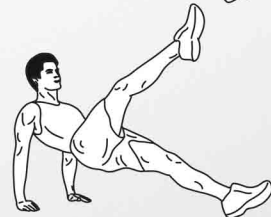
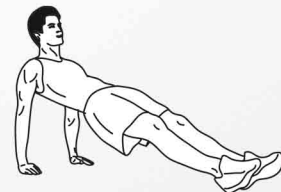
**10** reverse crunches



**10** full bridges



**10** full bridges with reach



**10** reverse plank leg raises